NO DEAL WITH THE DEVILS
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MORE OF HER TO LOVE
FOOD FUELS JULIA'S JOURNEY {page 8}

DIAMOND FARROW COUNTERS CAMPBELL CLAIM DISH {page 9}

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Tuesday, August 10, 2010
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Harper's cash makes a splash

Feds promise $15 million Province pledges $10 million Vancouver Aquarium will fundraise for $35 million Expansion plan approved by Parks Board in 2006

JONATHAN HAYWARD/THE CANADIAN PRESS

▶A beluga whale looks on as Prime Minister Stephen Harper makes an announcement at the Vancouver Aquarium yesterday.

JEFF HODSON
@METRONEWS.CA

The federal and provincial governments yesterday pledged $25 million toward the Vancouver Aquarium's $60-million expansion.

Construction will begin this fall and should be complete by 2013. It includes an expanded B.C. Wild Coast exhibit, a new entry pavilion, a new gallery, and a new pool linking the B.C. Wild Coast and Canada's Arctic habitats.

The eight renovation projects range from $1.5 million to $18 million each.

Khadr confessions will stand: Judge

Canadian faces five war-crimes charges
Defence lawyer argued defendant's statements were result of torture {page 5}

Biz

Stocks drop after resignation of HP boss

Analysts stunned, believe in company's 'culture of winning' {page 7}

She says...

Girls gone bridal? It's getting tired

Jessica Napier on the pratfalls of the classic bachelorette party {page 6}

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† One bar (36 g)

Culture. Preservation

▶ Ralph Stanton, head of UBC Library's rare books and special collections, shows off a model of the Empress of Asia to Richmond MP Alice Wong and history professor Henry Yu during a tour yesterday of the Chung Collection.

JEFF HODSON/METRO VANCOUVER

UBC lands funding for Chinese-Canadian historical website

The federal government yesterday announced $900,000 to help preserve and share the history of Chinese Canadians. Over the next 25 months, UBC researchers will compile and archive projects about the Chinese community's history in Canada. The project will create a bilingual website called Chinese Canadian Stories: Uncommon Stories from a Common Past History, which will launch in 2012. UBC history professor Henry Yu said the project will help "create a new sense of Canada's past, a common past that includes the Chinese."

Women looking to walk all over cancer

Participants readying for Weekend to End Women's Cancers ◐ Two-day, 60-kilometre fundraiser through Vancouver starts Saturday ◐ Thousands expected to take part

NATASHA POON
VANCOUVER@METRONEWS.CA

Yumi White, who has battled breast and cervical cancers, said the Weekend to End Women's Cancers walk is a source of strength.

"My dear friend Anita Cochrane introduced me to the walk five years ago. She inspires and encourages me," said White. "She is losing her battle with cancer and is in the hospital, but I'm here because of her."

White is now fighting a rare form of lung cancer.

"I am very honoured I am still able to walk and help other people, but I'm not sure if I can do the walk this year without Anita. She is the leader of the team."

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"The emotions aspect is what makes the Weekend really special," said Doug Nelson, president and CEO of the B.C. Cancer Foundation. "Hearing people's stories about grandmothers, mothers and daughters is very inspiring."

"If you really had to get a cancer, B.C. is the place to be because they have the support. The money is coming from our fundraising."
YUMI WHITE, VANCOUVER

He added that donations raised will be used to improve patient care as well as understanding causes of cancers and the best treatment options available.

For information, visit endcancer.ca.

Possible kidnapping hoax spurs search

Surrey RCMP are helping officers in Alaska search for a girl who called police claiming she had been kidnapped and provided officers with a telephone number belonging to a Surrey business.

Cindee Brown-Mills, a spokesperson for the Juneau police, said the girl — who claimed to be 10 — called early Friday morning and told dispatchers her name was Abby McKenzie.

"There's ... nobody by that name in Juneau," she said.

Brown-Mills said it's possible the call was a hoax. ● KRISTEN THOMPSON

E-books boosting library use

Membership at local libraries is on the rise thanks in large part to the growing availability of electronic books, according to the Vancouver Public Library. E-books can be downloaded from the library's website.

● KRISTEN THOMPSON

Pickton said he planned 'one more'

Robert Pickton told police interrogators he had "one more planned," and suggested he might be willing to tell them more.

But an expert on serial killers cautioned that psychopaths routinely lie when it suits them.

The video of his 11-hour interrogation was made public yesterday and in it, Pickton comes close to a full confession. He also referred to himself as the "head honcho," but didn't say who his followers might be. THE CANADIAN PRESS

Watch the video at metronews.ca/vancouver

1 news

News on the move

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Can we make money in a jobless economy? Allan Smalls answers at metronews.ca/investing.

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We <3 texting

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

Voice calls are on the decline as younger people increasingly opt for texting.

Calling is not as cost-effective or quick, said Mason Yeh, manager at Skynet Fido on Granville Street.

"The top priority is texting with about 75 per cent of the customers who come here," he said.

The New York Times reported that U.S. cell networks now carry more data than voice traffic and the length of cellphone calls has been shrinking since 2007.

"With phone plans, a lot of minutes get expensive, but unlimited text message packages can run at about $25," said Yeh.

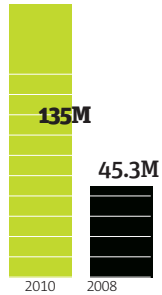
Anne-Julie Gratton, a spokesperson for Telus, said that when companies reach out to young people, they encourage them to text.

"With charities like the Mobile Giving Foundation and reality shows like Canadian Idol where you text your vote, it really gives people incentive," she said.

"It was a younger generation thing, but now we even communicate with customers by text to flag their usage."

Numbers up

The number of text messages Canadians sent daily in 2010 and in 2008, according to the Canadian Wireless and Telecommunications Association.



News in brief

City lowers fire risk

WEATHER. The city has downgraded the risk of fire to high from extreme thanks to a few days of cool, wet weather. KRISTEN THOMPSON

Cops seeking scam artist

FRAUD. Police in New Westminster are looking for a scam artist who's been telling people she's collecting donations for the B.C. Cancer Society. KRISTEN THOMPSON

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Cities urge feds on stimulus

Canadian cities are calling on the federal government to extend its stimulus deadline in response to a report showing up to half a billion dollars of infrastructure funds could go unspent, or dropped on municipalities' laps.

The parliamentary budget officer, Kevin Page, says many projects in the government's heavily hyped $4-billion Infrastructure Stimulus Fund were slow getting off the mark and many are dragging on longer than expected.

When Ottawa cuts off its funding on March 31, 2011, the worst-case scenario is that $500.5 million in federal money will not have been claimed because of the delays, the report says.

THE CANADIAN PRESS

UN chief defends his record

UN Secretary-General Ban Ki-moon lashed back yesterday at criticism levelled by two former senior UN officials, saying it was "unfair" to raise questions about his record on battling internal fraud and corruption. Ban said he has pushed accountability and ethics "from day one."

THE ASSOCIATED PRESS

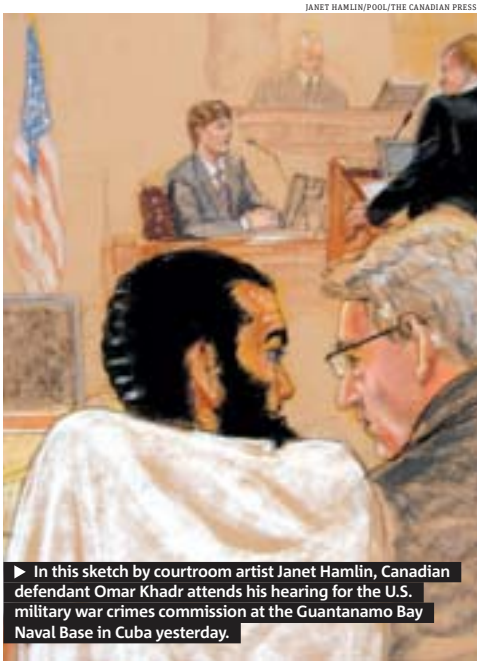
Levi eyes Wasilla council

Levi Johnston may be following in Sarah Palin's footsteps. Johnston's manager, Tank Jones, yesterday confirmed a report on Variety magazine's website that Johnston is planning to run for city office in his hometown of Wasilla, Alaska, as part of a reality TV show.

THE ASSOCIATED PRESS

Khadr interrogation confessions allowed

JANET HAMLIN/POOL/THE CANADIAN PRESS



▶ In this sketch by courtroom artist Janet Hamlin, Canadian defendant Omar Khadr attends his hearing for the U.S. military war crimes commission at the Guantanamo Bay Naval Base in Cuba yesterday.

- Rulings come after Canadian man's lawyer formally entered not-guilty pleas on all charges
- Jury selection to begin today

The judge presiding over Omar Khadr's war-crimes case cleared the way for the U.S. military trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him. In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said.

The judge also decided a video showing a teenage Khadr making explosive devices in Afghanistan could be entered as evidence. The decisions end months of bitter wrangling between defence and prosecution over the confessions and set the stage for the first war-crimes trial under U.S. President Barack Obama.

THE CANADIAN PRESS

5 charges

Omar Khadr faces five war-crimes charges, including allegedly killing a U.S. special-forces soldier by throwing a hand grenade in Afghanistan in July 2002 when he was 15 years old.

▶ Yesterday, Khadr's Pentagon-appointed lawyer, Lt. Col. Jon Jackson, said the threat of rape and death by a one-time interrogator should render his client's confessions as coerced and unreliable.

Unrelenting disaster spreads despair in Asia

DANIEL BEREHULAK/GETTY IMAGES

▶ A Pakistani soldier tosses food aid to survivors of flooding yesterday.

Rescuers in three countries across Asia struggled to reach survivors from massive flooding that has afflicted millions of people, as the death toll climbed in a remote Chinese town where hundreds died and more than 1,100 were missing from landslides.

In Pakistan, the United Nations said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters — the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake.

Rescuers in mountainous Indian-controlled Kashmir raced to save dozens of stranded foreign trekkers and find 500 people still missing in flash floods that have killed 140.

In China, the death toll jumped to 337 late yesterday after Sunday's landslides in the northwestern province of Gansu — the deadliest incident so far in the country's worst flooding in a decade. A debris-blocked swollen river burst, swamping entire mountain villages in the county seat of Zhouqu and ripping homes from their foundations.

"There were some, but very few, survivors. Most of them are dead, crushed into the earth," said survivor Guo Wentao. Associated Press Television News showed the bodies of his younger brother and sister, wrapped in quilts, being carried away on a stretcher as crying relatives followed.

THE ASSOCIATED PRESS

N. Korea fires artillery

North Korea fired about 110 rounds of artillery yesterday near its disputed sea border with South Korea, the South's military said, amid high tension over the deadly sinking of a South Korean warship blamed on North Korea.

All the artillery shells harmlessly landed into the North's waters and caused no damage, a South Korean officer said.

THE ASSOCIATED PRESS

46

Number of South Korean sailors killed when the Cheonan submarine was sunk, allegedly by the North Korean navy, in March.

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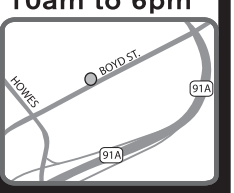

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GIRLS GONE BRIDAL: IT'S GETTING TIRED

She says ...

JESSICA NAPIER

If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

During this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a screeching gaggle of drunkards.

A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather a group of 15 of your closest (willing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the sunroof en route to your nightclub of choice.

The bride-to-be inevitably selects a typically trendy venue for her sayonara to singlehood where her eager friends will endure a long line-up and an outrageous cover charge all in the name of friendship. Once drinks are in hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who encircle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops.

"I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as 'klassy.'"

After midnight, the bride passes off her stilettos to an inebriated bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering, bachelorette parties in the suburbs are not that much better.

Last year, I hosted a bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-the-law routine, I vowed never to host such a party again.

Cartoon

MICHAEL DE ADDER

An exercise in trust

Worth mentioning

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls between military and civilian officials on both sides of the Pacific.

Their goal: To ensure that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with threats from Chechen rebels, terrorism transcends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. THE ASSOCIATED PRESS

Peacemaker

TORSTAR NEWS SERVICE

What's the better pet — dogs or cats?

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Metro Minute with the Road Warriors

Come cheer on the Road Warriors, Canada's national senior men's basketball team, as they take on China tonight.

The exhibition game, at Rogers Arena, kicks off preparations for the FIBA World Championship tournament next week. Homegrown players include Vancouver's Tyler Kepkay, Levon Kendall and North Van's Robert Sacre. Teams to beat include Spain, the United States and Argentina, which is No. 1 in the FIBA world rankings.

Tickets are available from ticketmaster.ca, at any Ticketmaster outlet or by calling 604-280-4444. The game starts at 7 p.m. and tickets start from $19.75. VANESSA YEE

ETHAN MILLER/GETTY IMAGES

▶ Vancouver's Tyler Kepkay suits up for Team Canada tonight at Rogers Arena.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Former HP CEO Mark Hurd resigned Friday.

HP shares fall after CEO's resignation

Analysts 'surprised and disappointed' at sudden move S&P lowers 'Buy' rating for company

Shares of Hewlett-Packard Co. tumbled yesterday in the first trading day following CEO Mark Hurd's sudden forced resignation Friday from the world's largest technology company.

Hurd stepped down from the post following allegations that he falsified expense reports to conceal a relationship with a former contractor.

HP's shares fell $3.50, or 7.6 per cent, to $42.81 in morning trading. The stock has lost more than 16 per cent so far this year.

Under Hurd, HP spent more than $20 billion on acquisitions and cut more than 40,000 jobs as he helped transform the company from a computer and printer maker dependent on ink sales for profits, to a well-rounded technology leader with a broad range of hardware and business services offerings.

"We are frankly surprised and disappointed as Hurd was a strong leader and helped transform HP into a leading player," said Kaufman Bros. analyst Shaw Wu in a note to investors. But, he added, HP's "culture of winning" that Hurd helped shape will likely remain intact.

Standard & Poor's equity analyst Tom Smith, however, cut his investment recommendation on HP's shares to "Buy" from "Strong Buy" and said the events add uncertainty to what's been a "generally strong management story."

Janney Capital Markets analyst William Fearnley Jr. called the event a "stunner" but added he still believes in the stock. Even so, he said the events — and their sudden nature — "will cast a shadow over the story and the stock until a new CEO is chosen."

THE ASSOCIATED PRESS

INEFFICIENT

China closes old factories

China has ordered 2,087 steel and cement mills and other factories with poor energy efficiency to close as the country struggles to cut waste and improve its battered environment.

The "backward" facilities produce steel, coke, aluminum, paper and other materials throughout China and must close by late September, the Ministry of Industry and Information Technology announced.

Authorities said last week that a plan to improve energy efficiency suffered a setback this year as China's economic rebound and a construction boom boosted demand for steel, cement and other energy-intensive products.

China overtook the United States last year as the world's biggest energy consumer, though with a larger population it still is well behind in consumption per person.

THE ASSOCIATED PRICES AS OF 5 P.M. YESTERDAY

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2 scene

Food fuels Julia's emotional journey

Actress put on the pounds for Eat Pray Love ◆ Director Ryan Murphy shot movie in chronological order

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Julia Roberts wants to clear up one thing about the making of Eat Pray Love.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot Eat Pray Love in order, something most movies can't do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availability," she admits.

The actress, now happily married with three young children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good.'"

Not surprisingly, though, the conversation keeps coming back to the food.

The memory that stands out the most for Roberts happened in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes," Roberts says. "So the deliciousness of something wears a tiny bit after piece seven — just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea."

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SUBMITTED PHOTO

▶ Javier Bardem and Julia Roberts star in Eat Pray Love, opening in theatres Friday.

News in brief

1 Justin Bieber is the latest high-profile pitchman for the skin-care product Proactiv. Bieber joins the likes of Jessica Simpson, Avril Lavigne and Mandy Moore in promoting the product.

THE CANADIAN PRESS

2 Anna Nicole Smith's bodyguard testified yesterday he discussed a scheme to sell pictures of Smith's newborn baby for $1 million US.

THE ASSOCIATED PRESS

John Lennon's killer seeks parole for sixth time, Yoko says he's still a threat

▶ Eat Pray Love author Liz Gilbert.

Real Gilbert like a 'warm hug'

In Eat Pray Love, Julia Roberts takes on the role of the book's real-life author, Liz Gilbert.

And while having the person you're portraying alive and available is a heck of a luxury for an actress, Roberts was keen on putting her own stamp on the character before meeting the genuine article.

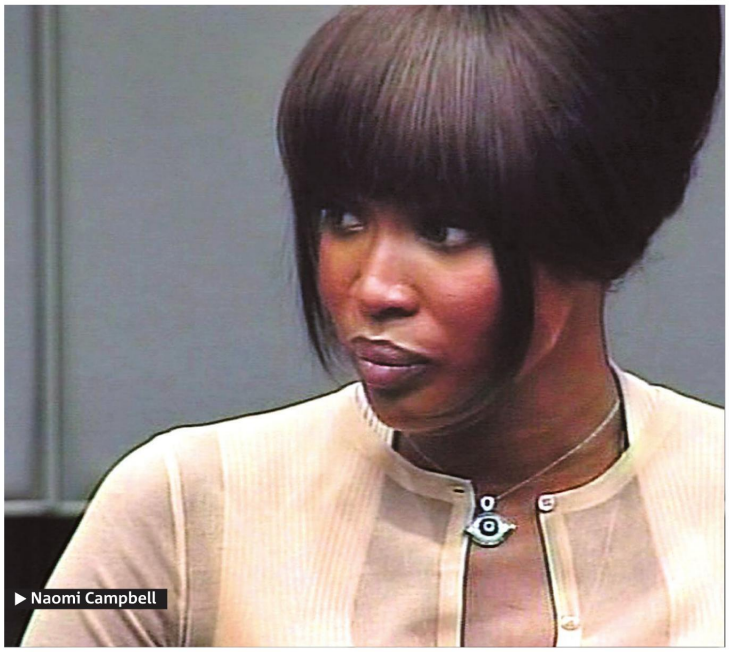
"I was worried about actually falling too in love with her, that I would try to be her as opposed to just interpret her as an actor," Roberts says. "That's why I didn't want to meet her until we had done so much I couldn't change it."

Instead, Roberts turned to director and co-writer Ryan Murphy for cues on characterization. "The first step that I took was putting my complete and total trust in Ryan, which was one of the smarter things I've ever done in four years," Roberts says. "I knew that his paper interpretation of her that he gave me as my reference was all that I would need."

And it turns out Roberts' fears of falling too in love with Gilbert were well-founded, as she discovered when Gilbert visited the production while it was shooting in Rome. "She was a delight," the actress gushes. "She's like a warm hug the second you lay eyes on her."

NED EHRBAR

AP PHOTO



▶ Naomi Campbell

Campbell boasted about gem, Mia says

Farrow contradicts supermodel's assertion that she didn't know diamond was from Liberian president

Naomi Campbell told Mia Farrow that she received a "huge diamond" from the former president of Liberia, the actress said from the witness stand yesterday, contradicting the model's testimony that she didn't know the value of the gift from accused war criminal Charles Taylor.

The prosecution called Farrow, and Campbell's former agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" — stones sold to fund wars.

Farrow testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She said Campbell said she planned to give it to charity — the Nelson Mandela Children's Fund. The defence lawyer said Farrow's testimony is not credible, given that it contradicts the known number of the diamonds and involves events from a single breakfast that took place 13 years ago.

THE ASSOCIATED PRESS

Celebrity tweets

Justin Bieber [@justinbieber] just heard U SMILE on the RADIO!!! WOOOHOOO!!! Thanks to Melissa the girl on the radio who requested!!

Russell Brand [@rustyrockets] I have been watching Fox News for six hours and there has been no news about foxes

METRO WORLD NEWS

Lohan assistant losing her mind

AP PHOTO

▶ Lindsay Lohan

Lindsay Lohan's assistant probably had no idea her job would actually get harder while her boss is locked up in rehab, but that's exactly what's happened for the woman known only as Eleonore, sources tell TMZ. The long-suffering assistant is reportedly "miserable," "super-stressed" and "incredibly worn out" these days because while Lindsay is in rehab, her mother, Dina Lohan, and younger sister, Ali Lohan, have been keeping Eleonore plenty busy with endless errands and requests.

METRO WORLD NEWS

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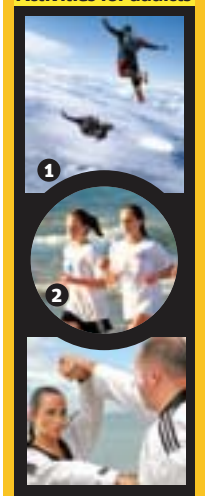

1 Sky Diving: Addicts need to channel adrenaline someplace else, skydiving is a sport that provides a huge adrenaline rush.

2 Running: Running releases the brain's pleasure chemicals, endorphins, leading to what is known as a 'Runner's high.'

3 Boxing: Punching, into a beanbag or into the air can feel liberating and help remove feelings of stress or frustration caused by giving up an addiction.

ROMINA MCGUINNESS

Doctors call for clampdown on 'snake oil' health claims at hyperbaric clinics

Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986 An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications

Eh more

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us just can't seem to get enough.

SUBSTANCE OVER SUBSTANCE

Paul J Kenny, associate professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating habits," explains Kenny.

THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine.

"Sugar, caffeine and dairy are highly addictive," she says. The thing all these foods have in common is that they have all been chemically refined.

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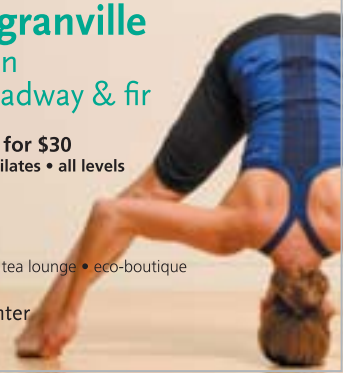

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Over 10 years of research shows that LeafSource can help with...

Reduction in pain and inflammation – reduces inflammation by over 104%

Arthritic Pain, Joint Problems Healthier Immune System – has been shown to increase white blood cell count by 30% after 60 days.

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Athletes United, the World leader in Sports Fitness, endorses LeafSource as one of the most beneficial nutrients for all athletes due to its anti inflammatory, immune modulating & energy enhancing benefits.

As a retailer, we have had tremendous success with this product and almost everyone we have recommended it to over the last few months has come back and thanked us.

Check with your healthcare professional before starting any treatment program.

TESTIMONIAL:

"I've been taking 15+ Tylenol with Codeine everyday now for many many months to help with my pain. In April I was approached by someone who suggested to try the Leaf Source. I have tried everything, Lakota, Glucosamine, as well as SierraSil but decided to try the Leaf Source anyway. The results were immediate to my surprise. It has now been a month, & I have told several friends with different problems about my results and they are now avid users as well. No product will do everything for everyone, but Leaf Source for me means more energy, a great nights sleep & no more back problems. All three I can never remember having.
~ L.C. Winnipeg, MB

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Supplements Plus Oakridge Centre • 604.263.1897 • supplementsplus.ca

Liquid Assets

Summer really belongs to beer

As much as a wine guy like me hates to admit it…summer really does belong to beer.

While no vinophile can deny a chilled brew's affinity for warmer weather; the fact that most are a perfect match for grilled grub is the thing (for me) that make them an undeniably indispensible beverage when it comes to the lazy, hazy, crazy days of August.

Then there's the variety. If you can push past the piles of lime-flavoured whatever at your local liquor store you'll discover some incredibly innovative brands from all over the world.

Though Spain certainly knows its way around a vineyard it's not the first country you think of when you're thirsty for a pint. Estrella Damm (500 ml, $2.15 - $3.04) has been brewed in Barcelona since 1876 and has a bit more weight than many of its European lager style competitors.

If you like your Germans a tad darker the Warsteiner Premium Dunkel (500 ml, $2.00 - $3.04) is a lightly toasted lager with a smooth flavour trail of coffee and dark caramel.

For a gutsy seasonal (but surprisingly well-balanced) ale try the Innis & Gunn Blonde (330 ml, $2.95 - $3.81) from Scotland.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Beautiful to look at & eat

With fresh, ripe tomato varieties on the market, right now is the perfect time of year to serve your guests a delicious Roasted Heirloom Tomato Tart

THE CANADIAN PRESS

▶ Roasted Heirloom Tomato Tart.

Ingredients:

- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten
- 250 ml (1 cup) shredded Gruyere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml/1/2 tsp dried)

Preparation:

1. Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.
2. Cut red tomatoes crosswise into 1-cm (1/2-inch) thick slices. In a bowl, gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans. Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 day.)
3. On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1-inch) intervals all over; refrigerate for 30 minutes.
4. Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.
5. Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border. Arrange red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with thyme.
6. Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room temperature. (Make-ahead: Let cool. Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS

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Romance

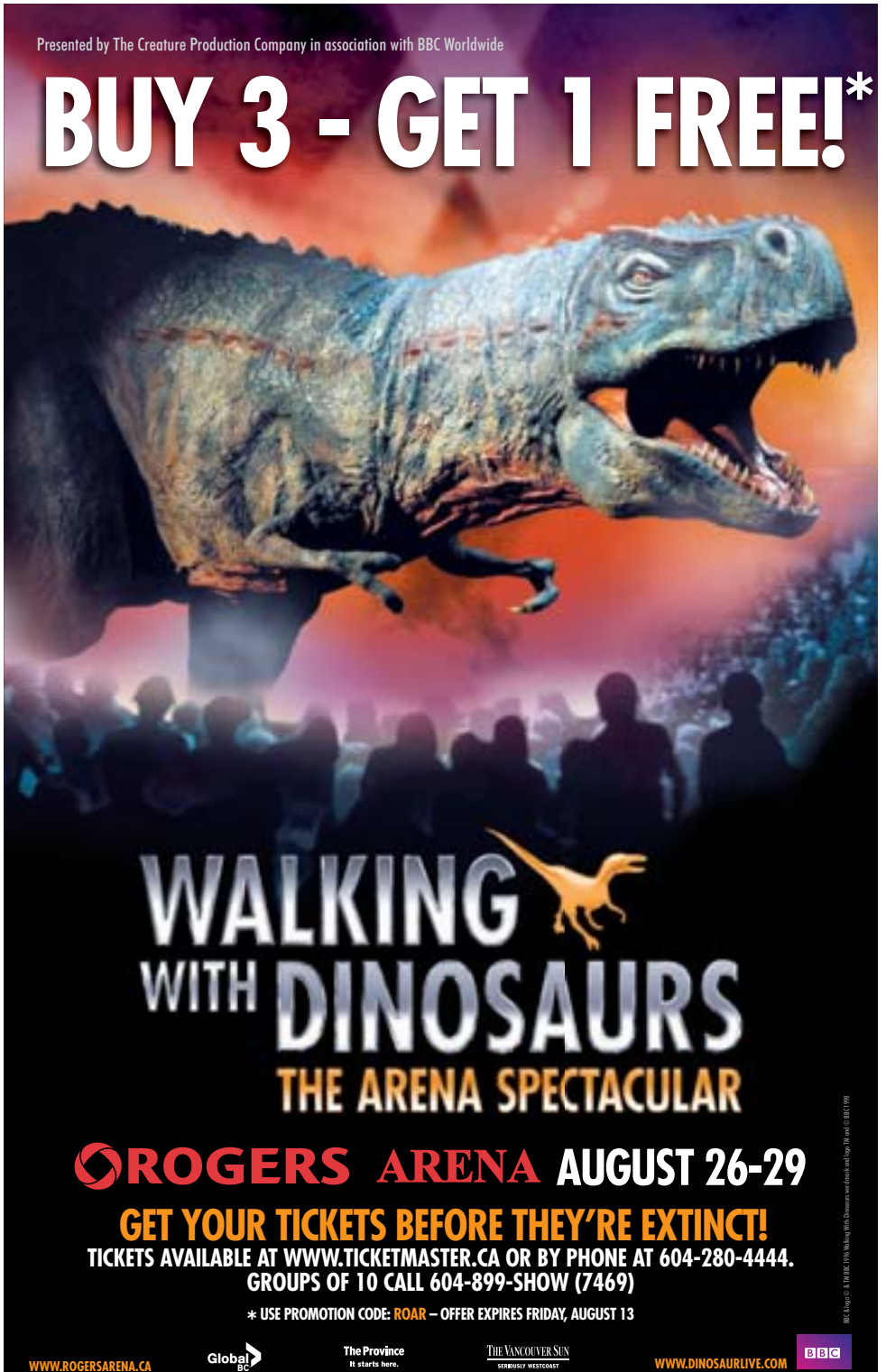
AUTHOR REVEALS SECRETS FROM THE SEX LAB

For her book, Secrets from the Sex Lab, author Judy Dutton gathered researchers' findings on what's going on chemically and neurologically.

The biggest mystery is sexual chemistry. What is it?
Sexual chemistry is ruled by factors we have little control over or little awareness about. For example, the way someone smells can make or break how much chemistry you have. Someone may seem all wrong but the smell is right and you're smitten and you don't understand why. It has to do with the major histocompatibility complex, a sequence of genes involved in the immune system. If someone smells good, it indicates that your immune systems are compatible and you'll have strong healthy offspring.

What particular smells are turn-ons?
Scientists found that men are attracted to the smell of pumpkin pie mixed with lavender. That smell increased genital blood flow by 40 per cent. For women, the smell of cucumber mixed with the candy Good & Plenty increased vaginal blood flow by 14 per cent. They also found that a spicy floral scent made women appear about twelve pounds lighter to men.

TORSTAR NEWS SERVICE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▶ Michael and Candice

How We Met: Michael & Candice

Names: Michael, 33, and Candice, 26

Hometown: Vancouver

Together since: 2008

Their story:

"I (Candice) worked as a manager for a poker company, and Michael was one of the owners of a venue that we rented ...

When I went to set up for a tournament, Michael was at the venue and he helped me unload some equipment.

I didn't see him again until months later, when we had rented his venue for another poker tournament. This time he had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward. I thought Michael was very handsome, but I actually ignored him a little because I assumed he was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would it be inappropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again – sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by his cover!"

FOR MORE HOW WE MET STORIES AND PROFILES, GO TO 2FORCOUPLES.COM

GOOD TO KNOW INSURANCE BASICS

Though it's not pleasant to think about illness, disease, death, disability, floods, fires, accidents, or other awful events, catastrophes can happen and you need to be equipped with the right insurance to get you through.

The first rule of insurance is to insure for the major things and people in your life such as your house, vehicle, future earnings and life, in the event that you die.

Avoid insuring for petty things like extended warranties on computers, eye glasses and cars.

Pet and child life insurance are also a bad deal because your financial survival doesn't depend on the survival of your pets and children. Adult life and disability coverage is often sufficient for a family.

Next, opt for the highest deductible. The likelihood of something catastrophic happening is low, so you should always be able to afford the higher deductible, for example, $1,000 versus $500.

Annual savings roll in at 15 to 20 per cent of the total premium paid when you select the higher deductible.

Low deductibles also give people incentive to file small claims more often. And when you file more claims, your premiums go up. In the unlikely event that you get into loads of accidents, your premiums will increase regardless.

Choose wisely who you want to deal with. Find out which providers have the best reputation. Get referrals from friends and check out their ratings, based on various characteristics, relative to their competition. Companies such as Moody's and Weiss rate insurers. You can also check out the Insurance Bureau of Canada (ibc.ca) for information on home, auto, and business insurance.

Next, bargain for the best price. Having a broker can help save you money because he or she can solicit the best prices and plans from multiple providers. If you don't use a broker, you can save money by buying directly from the insurance company.

Plug into savings on electricity bills

Changing appliances, switching to compact fluorescent bulbs among measures you can take to stop the cash drain and save you chunk of money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

When certain costs get out of hand you have to take them in hand.

I'm mad as hell and I'm not going to take it any more. Electricity bills. I'm mad that the sector has been poorly managed nationally and there's still so little effort devoted to alternative sources.

I'm mad that time-of-use billing discriminates against stay-at-home parents, the disabled, the elderly and shift workers.

Last week the news was full of predictions about energy bills rising by double digits over the next few years nationally.

It's time to get even.

I'm never going to be the poster girl for electricity conservation. My husband and I both work and live in a rambling, leaky 160-year-old stone farmhouse. No mind! Here's how we tackled our consumption, determined to cut $150 monthly.

▶ Compact fluorescent bulbs can help cut electricity costs.

1. One wheezy beer fridge. Gone. And it was hauled away gratis.

2. Lights! Camera! Inaction! Lights off, natch, but we went after power bars, the satellite receiver and everything with a standby setting.

3. Bulbs. Compact fluorescent throughout except where we need better illumination for reading.

4. Windows and doors. We replaced ancient windows and caulked like crazy.

The expense was offset to a degree by grants and last year's reno tax credit. We also installed storm doors.

5. Hot and Cold. We set the air conditioner higher and heat lower.

6. Furnace. We installed a device ($7 monthly rental) which maximizes burn rate and fan time.

7. Just dry me. The dryer is the biggie. It's a matter of pride that we only use it for emergencies.

Voilà! $150 saved monthly = $23,636 over 10 years at a 5 per cent rate of return.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.70%
ING	1.50%
PCF	1.10%
RBC	1.0%
SCOTIA	1.15%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

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4 sports

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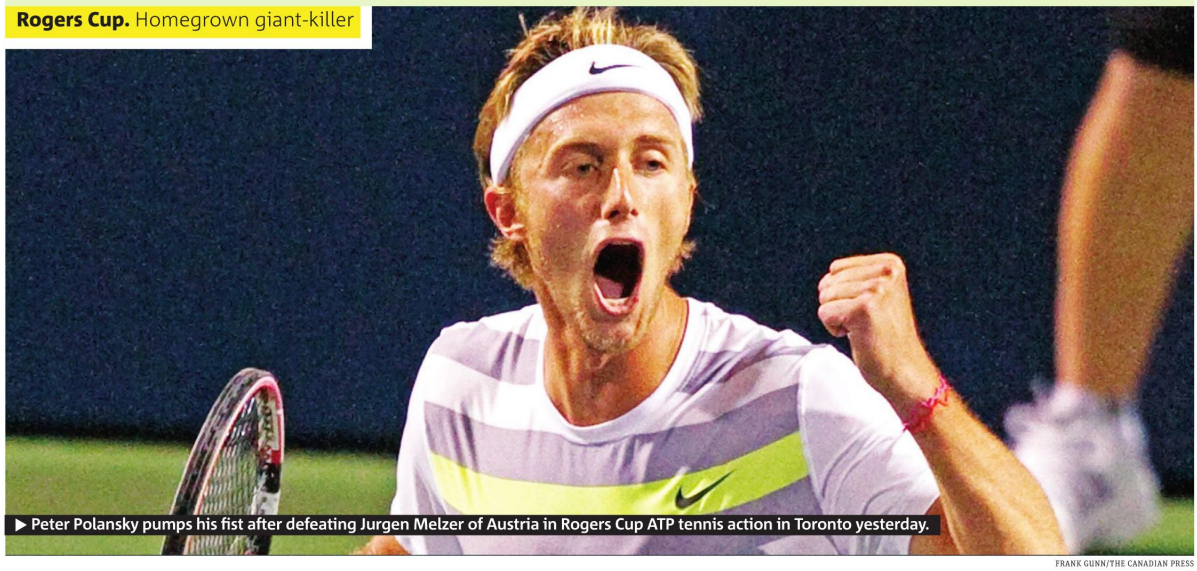


▶ Peter Polansky pumps his fist after defeating Jurgen Melzer of Austria in Rogers Cup ATP tennis action in Toronto yesterday.

FRANK GUNN/THE CANADIAN PRESS

Polansky's upset thrills hometown fans at Rogers Cup

Canadian Peter Polansky has upset one of the top-ranked tennis players in the world.
The 22-year-old native of Thornhill, Ont., beat Austrian Jurgen Melzer in the first round of the Rogers Cup last night, grinding his way to a 7-6, 6-4 win in front of an appreciative centre-court crowd at Rexall Centre.
Melzer entered the Canadian tournament ranked 15th in the world, having appeared in the French Open semifinal, and having earned more than $1 million US in prize money so far this year. Polansky is ranked No. 207, with earnings of $27,052.

Arbitrator says no to Kovie's deal

- Arbitrator upholds NHL's rejection of Kovalchuk's 17-year, $102-million contract with Devils
- Deal would have been longest and most severely tapered of 'front-end-loaded' contracts

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, $102-million US contract with the New Jersey Devils.

Kovalchuk agreed to the deal with the Devils on July 20 but the league ruled later that night that the landmark contract, the longest in NHL history, violated the salary cap.

The NHL Players' Association then filed a grievance disputing the ruling.

The NHLPA said in a statement issued yesterday it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was "currently reviewing the decision and will have no further comment at this time."

In a brief statement yesterday, NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year. The final five years would pay only $550,000 per season.

Questions were also raised over term. It would end when Kovalchuk is 44, well past retirement age for most players.

However, in recent seasons the league has not rejected similar "front-end-loaded" contracts in which the salary cap hit is diminished by adding extra years at relatively low pay.

But none is as long or tapers so sharply at the end as that signed by the flashy Kovalchuk, the biggest name on the free agent market this summer.

THE CANADIAN PRESS

Sports in brief

1 Joakim Noah is discussing a contract extension with Bulls.

2 Red Wings and Tigers owner Mike Ilitch wants to buy the Detroit Pistons.

3 Teemu Selanne signed a one-year contract with the Ducks.

THE ASSOCIATED PRESS

Scan code for news

Lowly Mariners fire trailblazing skipper

The last-place Seattle Mariners have fired manager Don Wakamatsu.

The team announced the dismissal of the major leagues' first Japanese-American manager hours before last night's game against Oakland.

Wakamatsu is the fifth manager to be fired this season. Baltimore's Dave Trembley, Kansas City's Trey Hillman, Arizona's A.J. Hinch and Florida's Fredi Gonzalez also were dismissed.

Seattle entered the day 42-70, second to last in the AL. THE ASSOCIATED PRESS

Reds beef up outfield for playoffs

The NL Central-leading Cincinnati Reds got Jim Edmonds from the Milwaukee Brewers in a trade for Chris Dickerson yesterday, strengthening their outfield for a playoff run.

THE ASSOCIATED PRESS

Raptors headed to jolly old England

The Toronto Raptors will lead the NBA's first regular-season excursion overseas.

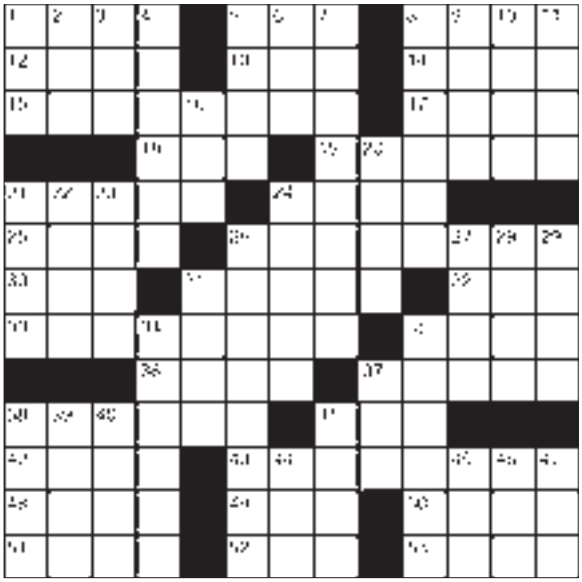
NBA commissioner David Stern confirmed yesterday the Raptors and New Jersey Nets will play two regular-season games in London this season.

The teams will square off March 4 and 5 at the O2 Arena.

"The entire Raptors organization is pleased to be representing the NBA in these historic regular season games in Europe," said Raptors GM Bryan Colangelo in a statement.

THE ASSOCIATED PRESS

Crossword



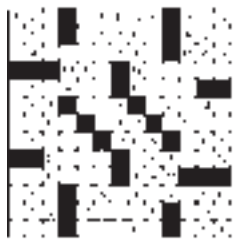
Across

1 Talon
5 Calendar abbr.
8 Movie pig
12 Gaucho's weapon
13 Judge Lance
14 Eye part
15 Gilbert's partner
17 Guys' companions
18 "CSI" evidence
19 Bite a bit
21 Streamlined
24 Conflagration
25 Home turf?
26 "Midnight in the Garden of Good and Evil" setting
30 Actress Gardner
31 "Nevermore" sayer
32 Id counterpart
33 Points of perspective
35 Newman or McCartney
36 Responsibility
37 Blender setting
38 Palin territory
41 Melody
42 Works on 25-Across
43 Germane
48 Shrek, e.g.
49 Sphere
50 Great Lake
51 Piano array
52 Vast expanse
53 Holler

Down

1 Couric's network
2 Gehrig or Brock
3 Every iota
4 Thoreau's getaway spot
5 Prima donna
6 Greek vowel
7 Plots slyly
8 London landmark
9 Speedy steed
10 Chelsea's dad
11 Being, to Brutus
16 Squid squirt
20 Persia, now
21 Czech or Croat
22 Volcano outflow
23 Actor McGregor
24 Most popular ones, for short
26 Giant cacti
27 In the neighborhood
28 Malaria symptom
29 Golf goal
31 File crosser
34 Hurls
35 Supply provisions
37 Chart format
38 Uncontrollable
39 Theater box
40 All messed up
41 Jessica of "Fantastic Four"
44 Before
45 Exist
46 Zero
47 — Aviv

▶ Yesterday's answer



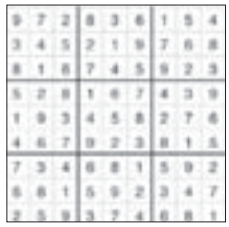
Sudoku

			1		7	6	9	
7	6				3		2	
2		1	4			7		
5	3		9		2	4		6
4		6	3		8		7	9
		5			9	8		3
	2		6				5	7
	7	3	5		1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To the person who found my Metropass on Gerrard Street and handed it into the TTC: A big, wet sloppy kiss of thanks!
ROBYN

Glen, baby, I'm so lucky to wake up to you every morning and have your strong arms protect me every night. Love you hubby!
XOXO MUAH! DAVID

CWBM - One year and two months. The best of my life. Having you has been the greatest gift I have ever received. I love you - more than yesterday, less than tomorrow.
ALWAYS, MARC

My dear Ruslan You mean a lot to me ... Even now. Kiss You. **YOUR IROCHKA**

I love you babe and can not wait till we are together again.
WILLIAM

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year for you.

♉ Taurus April 20-May 21 Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

♊ Gemini May 22-June 21
What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

♋ Cancer June 22-July 22
Among other things the current cosmic alignment will help break the deadlock in your financial and business affairs, so don't lose heart. Your money situation could be better, but it could be worse!

♌ Leo July 23-Aug.23 A new moon in your sign means a new start is possible in whatever area of your life you think needs it most. You have wasted too much time and too much energy on things of no consequence.

♍ Virgo Aug. 24- Sept. 22 You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

♎ Libra Sept. 23-Oct. 23 Some major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your aims.

♏ Scorpio Oct. 24-Nov. 22 You need to wise up about something that, in all honesty, you have been a little naïve about in recent months. It's a tough world out.

♐ Sagittarius Nov. 23-Dec. 21 Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

♑ Capricorn Dec. 22-Jan. 20
You may want to believe that everyone is on the same side but as there are large sums of money involved you must not take anything for granted.

♒ Aquarius Jan. 21-Feb. 18 A new moon in your opposite sign of Leo indicates that if you confront your emotions openly and honestly your most important relationship will move to a more enjoyable level.

♓ Pisces Feb. 19-March 20 You may be tempted to stick with what you know and trust and do things the way they have always been done, but the planets urge you to be more adventurous. A new approach now will bring big rewards later. SALLY BROMPTON

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

CHRIS RADBURN/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Puerto Plata via Toronto

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Sept. 3 – 24 • 1 wk.
$599
+Taxes & other fees (including service charges): $325

Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive • Run of the house
Sept. 5 – 26 • 1 wk.
$569
+Taxes & other fees (including service charges): $325

CUBA

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$1199
+Taxes & other fees (including service charges): $222

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Dec. 24 • 1 wk.
$1669
+Taxes & other fees (including service charges): $222

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Sept. 2 & 4 – 25 • 1 wk.
$999
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Sept. 2 & 4 – 25 • 1 wk.
PRIVILEGES
$1049
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★
Standard oceanview rm.
Sept. 4, 11 & 18 • 1 wk.
$1239
+Taxes & other fees (including service charges): $249

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 11 & 18 • 1 wk.
$1329
+Taxes & other fees (including service charges): $238

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Nov. 6 • 1 wk.
$1029
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Nov. 6 • 1 wk.
$1179
+Taxes & other fees (including service charges): $284

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 6 – Dec. 11 • 1 wk.
$1049
+Taxes & other fees (including service charges): $276

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive
Junior suite deluxe rm.
Dec. 19 • 1 wk.
$1429
+Taxes & other fees (including service charges): $278

USA

LAS VEGAS

MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Sept. 5 • 3 nts.
$489
+Taxes & other fees (including service charges): $140

CRUISE

Princess Cruise Lines[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan
Interior stateroom, cat. J
Oct. 31 & Nov. 28 • 1 wk.
$1169
+Taxes & other fees (including service charges): $284

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